

Coach Don Meyer
Nike Las Vegas Clinic Notes
5/8/09
Shooting Drills

- **4 Things we use at Northern**
 - Gun
 - Noah
 - Tossbacks
 - Reduced Rim

- **Shooting Progression**
 - Wrist extensions
 - The more you can lay your wrists back, the more range and touch you will have.—Gail Goodrich
 - TV Shooting
 - Idea came from Jerry West. If it's good enough for the guy on NBA uniforms, probably good enough for us.
 - On back w/o ball
 - 1 second follow-thru
 - Kinesthetic feel
 - Elbow on floor in tight
 - Don't spread you hand too much.
 - Make a "V" with your fingers, not an "L"
 - On back w/ ball
 - Try to shoot it 10ft up, probably tough to do
 - Don't tell them, move their body

Teaching Point—*hitters have launching points—place they release the bat from. That's what a shooting pocket is. How quick you can get it out of the pocket into a shot.*

- Shooting off the backboard
 - "Sit" and shoot
 - Ball hits on the way down
 - Keep the ball in your pocket (many players "dip" the ball)
 - "Cover your right nipple with the ball"

Have to be mentally tough to be a scorer—that made Bird great.

Keep the ball in your pocket.

Bank shooting

- Swish
- Never short

If you can see the rim exposed past the back part of the board then you can bank (block and first hash)

To be a scorer, get your feet ahead of your hands—Rip Hamilton is a great example.

Shoot for the back half of the basket.

You can make a million shots in practice doing it the wrong way but you need technique in a game.

Shooting from the top of the key—keep it straight. You only have 1 degree of margin of error.

Say “*Back Half*” instead of saying, “*Don’t be short*”

Every shot we miss players are talking, “*Back Half, or Keep it straight*”. Say it to self and say it to others.

Before and after practice—swish 4 at each ring on the rim.

Must have consistent arc—minimum 43 degree arc entering the basket. 1 degree lower on arc makes the shot 3 inches longer. 1 degree higher makes the shot 3 inches shorter.

When playing they give bonus point for swishes.

Dead 3→

- More than half of shots are 3’s
- Very few FT’s
 - DOC—(Dead on Catch)
 - Make them dribble
 - Dead on catch. Make them play like a dead man.

Economy of motion

- Don’t add things to your game that slow you down
- Circle tight and go—Pitino

Ball In the air= feet in the air

Throw the dribble out and go somewhere.

Good vs Average Guards

- How fast they can get from dribble to pass/shot
- Balance hand pickups
 - QB brings ball back with his left hand
 - Left hand below the ball
 - Get both hands on the ball as quick as you can but left hand goes first
 - Get the ball to your pocket
 - 1 inch dribble into a balance hand pickup
 - Don't look at ball, eyes on target
 - Then, into shot
 - Talk your shot ("Keep it straight, back half")

Scan the floor—Stockton. Keep your eyes up.

Your follow through is your signature on your shot.

"We don't stay in the locker rooms during warm-ups like the D1 coaches." It's a practice for us.

Catch the ball like you're going to shoot it every time. Same delivery motion.

Tighten up your game. Be a hitter with a tight swing.

"Don't shoot fast, get ready to shoot fast."

"Fighting for your feet."—Dick Bennett

On a Flare Cut—run to get separation, looking over your inside shoulder.

Shot fake is starting your shot and stopping it.

60% of your weight on your pivot foot.

Tighter my game is, the less likely I am to travel.

Some drills are so long that they destroy technique.

Make 25 3's without missing two in a row. If you miss two in a row and swish the third, you can keep going.

Get your feet alive and be an athlete.

Go into your shot. Land 6 inches closer. This will happen with natural wrist snap.

Don't dip, keep the ball in your pocket.

Coach Meyer keeps a workout journal on every player, every group. Players do the same thing.

Power moves= 10 toes to the baseline.

Coach Meyer

Best Things I've Seen Lately

Fundraising→buy players for what they're worth, sell them for what they think they're worth

Get all the good ideas, but you can't use all the ideas. Find the ones that fit your personality, personnel and your location.

3 Rules:

- Everybody takes notes—survey of the 500 richest people and they shared this trait.
- Everybody picks up trash—leave the locker room clean
- Everybody says please and thank you.—courtesy pays, when you're not courteous you pay.

Salesmanship—everyone in your program is a salesman.

Good team 1 or 2 players do the dirty work, great program everyone does the dirty work.

Keeping The Team On A Sharp Edge

- If you have to try hard to try hard, you're screwed
- Have to clean the hog house everyday, b/c you know what hogs do
- Good is the enemy of great—if you accept being good, you'll never be great.
 - Expect—Inspect—Accept
- Never let your players or coaches get satisfied.

How To Keep Yourself On Edge

- Time by yourself—solitude
- Family—Coaching—place where nobody can find you, so you can find yourself
 - Prayer—others first, then self
 - Read a chapter of proverbs daily
- Arrogant people aren't wise
- Humility
- Calipari was able to make fun of himself
- Eccl 5:20
- You can never retire. Have something to occupy yourself.
- Beginning of wisdom—is knowing you're not very smart
 - Proverbs 15:33, 18:22
 - James 3:13

Leadership At The Top

- It all starts at the top—Wooten
- Like pornography—you know it when you see it
- Army of lions led by an ass, will always be defeated by an army of asses led by a lion.
- Man bent on revenge must first dig two graves
- It pays to be a winner—Navy Seals

- Get the book, “Lone Survivor”
- Wooden to his leaders:
 - Be our hardest workers
 - Take care of the stuff off the floor
 - Leave everything else to the coaches
- NBA 2 buses
 - Rookies, etc., low minute guys 3 hours before the game on the first bus
 - Studs on the second bus 2 hours before the game
 - Tim Duncan always rode the 1st bus, then they realized they only needed 1 bus
 - Popovich runs his organization. They still do it the right way.
- Fox Hole Test
- List your 3 best friends and I can tell you how your life will turn out

Staff

- Loyalty
 - 2 kinds of people will get you
 - Gossip—says behind your back what he won’t say to your face.
 - Flatterer—like perfume, ok to smell, but don’t swallow it. Says to your face what he won’t say behind your back.
- How do you treat people who can’t do anything to you or for you?
- Warren Buffet on hiring
 - Work ethic
 - Intelligence
 - Character
 - The first two without the last will kill you
- 3 types of guys to hire on your staff
 - Paul—veteran guy that you can bounce ideas off of. Has time and experience.
 - Barnabas—Moral compass. Friend.
 - Timothy—younger. Lots of momentum. Potential. Bear Bryant—people knew he was going to be great long before they called him “Bear”.

Points of Contact

- Don’t talk about yourself when you meet someone.
- Listen.
- Harvey McKay—kept info on people, job, kids, pets name, etc. Remember little things about people.
- Who’s helping you when you’re not there. Who’s buying time for you when you’re not there.

Four Types of Coaches

1. Unconscious & Incompetent—clueless. Doesn’t know what he doesn’t know.
2. Conscious & Incompetent—works clinics, hangs around coaches.

3. Conscious & Competent—knows but there's no flow. Anal. Anal coaches will always have good teams but never great teams.
4. Unconscious & Competent—he knows and it flows. Doesn't have to think about it. Jordan and Tiger.

Tiger—100 nine foot putts in a row to end every workout. If people knew how hard I worked they wouldn't say it's so easy.

Krause's Rules:

- Find your unique talent or gift.
- Develop the talent or gift to the highest possible level.
- Give your gift away every day.
 - The only buzz you get in life is giving your gift away.

For the love of the game.

War and Peace

- You can measure a person by how they respond to a challenge.
- All societies are destroyed from within.

Bum Phillips—two types of coaches, them that's been fired and them that's going to be fired.

Good administrators never give a good coach a reason to leave.

Don't wrestle with pigs, because you both get dirty and the pig likes it.

Don't make decisions b/c they're easy or popular, make decisions because they are right.

Tough Times

- Grass is always greener over the sewer.
- No matter how bad you have it, somebody has it worse.
 - Treat everyone with kindness and respect

Keep Alert/ Stay Calm/ Do Not Be Afraid

Be thankful for tough times. Necessity is the mother of invention, because you have to.

F Words:

- **Faith**—assurance of things not seen
- **Family**—wife, kids
- **Friends**
 - Eph. 6:10-20—team of left tackles. Armor in front of you. Looking out for everyone else's blindside.
 - To know if they're my friend, when I'm with them, I don't have to measure my thoughts or weigh my words.
- **Fitness**
- **Finances**—charity, family
- **Figure it out for yourself**
 - Then teach your kids to do that

- When the game is over it all goes back in the box

God's Hall of Fame Poem

Discipline

- *“Nothing is more harmful to the team than the neglect of discipline, for that discipline more than talent or athleticism, give one team superiority over another.”*

Planning Tips

- Plan, Prepare, Practice and Play like you just lost your last game.
- You can tell when a team just lost.
- Plannerpads.com
- Plan the week on Sunday—Program/ Faith/ Family, then plan the next day the night before
- Getting things done book
 - Pg 238—Suspense file—how you keep track of stuff you don't keep in your planner.

Build

- Tough
- Effort
- Attitude—all you can control is attitude and effort
- Motive—some kids work hard for themselves
- Servant leaders

4 Things To Do To Build A Team

- Shared Ownership
 - Can't have renters on your team
 - Can't have mercenaries
 - They must invest
- Shared Suffering
 - Nothing brings people together like suffering
 - Practices tougher than games
- Individual Responsibility
 - Test kids. Make them accountable.
 - Only time we use “individual” is in responsibility.
- Collective Pride
 - No I, Me or My
 - Only US, OURS, WE

Never sacrifice toughness and attitude to get size and quickness—Jim Tressel

Players sign in daily in the office—test scores, assignments, due dates, etc.

Need Assessment

What should be – What is = NEEDS

Visionary as a coach—See/ Sell/ Paint Picture—everyone must paint the picture

Lamar Hunt—owner of the KC Chiefs

- Decide what you want
- Find out what it will cost
- Find out if you are willing to pay what it costs

One Minute Assessment

- 1 thing you did well and why, 1 thing we can improve on

Socratic Method—don't give them the answers.

(NEED THE WILLIAM SAFFIRE QUOTE)

Don't Whine, Don't Complain, Don't Make Excuses

Those who can't or won't compete—COMPLAIN—sissies that don't want to work

When bad things happen:

- Don't say why me, say, what now?
- NBA—Next Best Action. I'm alive because our team did this.

Work Hard, Smart, Together

Practices

- Coaches job is to simulate game situations—Paterno
- Practice the game in the manner in which it's played—Hank Iba

Sign of a sick program are kids bitching to officials.

Process over product.

Look for teachable moments. Informal moments.

LaRussa carries a fungo bat around before practice and games but never uses it. Touch 1/3 of my tea per day.

Have a meeting without meeting.

Teaching

- Praise
- Prompt (correct)
- Leave—watching but aware

Standards most players set for themselves are in a comfort zone.

MacArthur's rule

End of each year ask: *"I just got the job, now what am I going to do?"*

Dictaphone

- Then put notes in a journal
- Two journals
 - Player workouts
 - Team ideas

Have to handle confrontation as a coach.

Career

- Survival—pee blood every time the phone rings
- Success—want to win a championship
- Satisfaction—skate, go thru the motions
- Significance—say the school's name and immediately think of a person
- Spent

Ask Every Season:

- Tough enough?
- Athletic enough?
- Mature enough?
- Skilled enough?

Soft rain daily in each of these areas.

You must run, not gun.

Ballside defense makes you tough.

Stance—Lavin, play hard

Vision—allows you to move to position

Position—

Talk—your position for ball and in front of ball

Anticipate—

Move—according to our rules

Keep your notes so you can retrieve, review and reinforce

Seek to leave the world a little better place—Naismith.

Grind it out every day.